STEPPING UP TO NEW TECHNOLOGY
LATEST IN FILM SERIES GOES 3-D **{page 10}**

DROWNED MOUNTIE HONOURED
FUNERAL HELD FOR OSGOODE NATIVE **{page 3}**

600
HISTORIC HOMER FOR RODRIGUEZ
SPORTS **{page 20}**

OTTAWA metro®
Thursday, August 5, 2010
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Weather. Downpour

▶ People run for cover from a brief but intense afternoon downpour outside the University Centre on the Carleton campus.

TIM WIECLAWSKI/METRO OTTAWA

Skies over Ottawa open up

Heavy rain created large puddles on many roads just as the afternoon rush hour began yesterday. After two days of hot, muggy, unpredictable weather, Environment Canada is forecasting sunny but relatively cool weather for tomorrow and Saturday with a high for both days in the low 20s.

RIM facing BlackBerry bans

Company says it won't budge on user privacy **{page 8}**

'Idol' singer has idol of her own

Oram to open for hero Yoakam at country festival **{page 5}**

Holy @$*#! Canucks cuss more than Americans

- One-third of study respondents in Canada, England, U.S. alter their speech to avoid swearing in public
- Seven out of 10 deemed it inappropriate for lawyers, politicians, doctors, and police officers to swear

TIM WIECLAWSKI
@METRONEWS.CA

Canadians swear more than Britons and Americans, but only among friends.

According to an Angus Reid online survey of more than 4,000 adults from Canada, England and the U.S., a majority of Canadians (56 per cent) admitted to frequently or occasionally swearing when talking to friends.

Only half of Britons (51 per cent) and less than half of the Americans (46 per cent) admitted to the same behaviour.

However, swearing around friends is not a big deal, said Ottawa resident Ben Jokuty. "Almost everyone I know swears around their friends," he said.

"Who doesn't swear? Maybe not around strangers. But with friends, definitely."

However, barely more than one-quarter of Britons (27 per cent), Canadians (27 per cent) and Americans (26 per cent) said they heard their friends swearing regularly.

According to the poll, Britons are more likely to hear foul language from strangers (35 per cent). Americans, at 21 per cent, are more likely to swear around their relatives.

They solemnly swear

- **27 per cent** of Canadians said they never swear in front of family members compared to Britons (33 per cent) and Americans (32 per cent).
- **32 per cent** of Canadians say they do not swear at the office, compared to Americans (46 per cent) and Britons (33 per cent).
- **Quebecers (21 per cent)** are much more likely to never change the way they speak in public than respondents in other areas.

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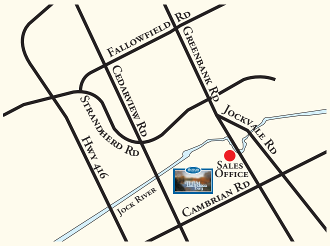
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Drowned officer remembered

Emergency service workers from across Canada attend service

Potvin joined RCMP Nov. 17, 2008

TIM WIECLAWSKI
@METRONEWS.CA

On the day that he would have turned 27 years old, more than 700 people packed into St. Patrick's Basilica on Kent Street to pay tribute to the Osgoode-born RCMP officer who drowned in a Yukon river three weeks ago.

Michael Potvin had been serving in the community of Mayo, Yukon. While on duty on July 13, Potvin's boat capsized in the Stewart River. He was not wearing a life jacket and was sucked under water by a strong current as he tried to swim to shore.

His body was not found until late last Friday night.

Potvin grew up in Ottawa and attended Algonquin College. His father, Mark Potvin, said the family has been contacted by thousands of people offering their condolences.

The nearly two-hour memorial service led by Father Richard Siok featured two eulogies. The first was from Const. Jason Waldner. Later, Michael's younger brother Sean delivered the second one.

Potvin's widow, Allison, is eight months pregnant and expecting a son in September. They were married last year.

The family is asking that donations be made to the RCMP Foundation's Michael Potvin Remembrance Fund to benefit the J.V. Clark School in Mayo, where Potvin "made an impact on many of the children," his father said.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Members of the Royal Canadian Mounted Police make their way into the memorial service for RCMP Const. Michael Potvin at St. Patrick's Basilica yesterday.

In the line of duty

Michael Potvin is the most recent police officer with ties to Ottawa to have died in the line of duty.

▶ **Const. Worden** On Oct. 6, 2007 RCMP Const. Chris Worden, from Orleans, was shot while responding to a call in Hay River, Northwest Territories. More than 2,500 uniformed officers attended Worden's funeral at Notre Dame Basilica.

▶ **Const. Czapnik** On Dec. 29, 2009 Ottawa police Const. Eric Czapnik was murdered while parked in his squad car in front of the Civic Campus of the Ottawa Hospital. Czapnik's funeral at the Ottawa Civic Centre was attended by tens of thousands.

News on the move

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Whale-watching premiers get themselves soaked in Churchill, Man. Video at metronews.ca/canada

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Molotov cocktail thrown at apartment

An eight-month-old baby, a 20-year-old woman and a 27-year-old man were taken to hospital with smoke inhalation injuries after a Molotov cocktail was reportedly thrown at a fourth-floor apartment door in Ottawa's Carlington area late Tuesday night.

Neighbours Michael Descarie and Annik Cere-Ozoux returned to their 1494 Lepage Ave. apartment Tuesday night to find firefighters outside the four-storey building.

"We were told a Molotov cocktail was thrown at a door," Descarie said yesterday. "We live across the hall."

Firefighters kicked in their door, and others in the building to make sure everyone had made it out safely.

The fire was called in at 10 p.m. and was under control by 10:20 p.m. In addition to smoke damage, there was a bit of fire damage to the fourth floor.

Ottawa Fire Services spokesman Marc Messier said about 20 people, the occupants of about five apartments, will not be able to return to their homes for several days.

Descarie said the incident makes him feel nervous. "This isn't the greatest neighbourhood," he said.

The Ottawa police arson unit is investigating the fire as suspicious.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Ottawa Fire Services spokesman Marc Messier speaks to media outside 1494 Lepage Ave., where an incendiary fire caused $35,000 in damages.

Evacuated

Ottawa firefighters evacuated occupants of all 32 units Tuesday night.

- The fire occurred on the top floor of the four-storey apartment building.
- Twenty people have been displaced temporarily, and repairs will be required for some doors after firefighters had to kick them in.

Roller derby on the rise

‘A beautiful sport, played by strong-minded and strong-bodied women’ Sport has a place for all shapes and sizes

TRACEY TONG
@METRONEWS.CA

Over the last decade, roller derby has exploded in popularity in North America. And over the last little while, that popularity has only been amplified by the film Whip It.

"People saw the movie, come out to the games, and want to join," said Madonna Limoges, who plays under the name Brickfist at Tuffyknees with the Riot Squad in Ottawa's Rideau Valley Roller Girls League.

The sport is rapidly expanding in Ottawa, with now more than 50 players in the league.

She said "the passion" portrayed in the film is very accurate. The sport, which has a reputation for tough girls in fishnets and short shorts, is really all about athleticism, determination, strategy and skill.

"The dramatic flair has tapered off a bit," she said. "It's about the sport … We hit really hard, we skate really fast and we have a lot of spirit," she said.

Limoges joined the sport about a year ago after attending an open roller skate. "I loved it," she said. "The fantastic thing about roller derby is that I realized I have a place in sports. They're really inclusive. You have to be open to being a team player and have a high pain threshold," she said.

metronews.ca

Double dip to benefit charity

This Saturday, catch the Rideau Valley Roller Girls in action in a double header at the John G. Mlacak Centre in Kanata. The Riot Squad plays Toronto's Chrome Mollys. Doors open at 6 p.m., with tickets available on-site. Part of the proceeds will benefit Children at Risk, for children with autism. What to expect at the game? "A lot of hard hits," said Madonna Limoges.

TRACEY TONG

CONTRIBUTED

▶ "It's a beautiful experience," Ottawa player Madonna Limoges said of the sport. "We have a league member who is 45 … and another who is 19. We come from all different backgrounds. We're a very eclectic group of people who would have never met under different circumstances."

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Officer cleared in Westboro teen shooting

> **“The officer likely was threatened at close range with a weapon that appeared to be a fully functioning firearm. The officer gave Mr. Charles an opportunity to disarm himself, and when he did not comply, discharged his firearm.”**
>
> **IAN SCOTT, SIU**

An Ottawa police officer has been cleared of any criminal offences in the June 22 shooting of a teenager in a Westboro apartment tower, but the director of the Special Investigations Unit expressed concern that witness officers had spoken to a police association lawyer before SIU investigators arrived on scene.

An SIU investigation determined that 19-year-old Ryan Charles was carrying a replica handgun and a knife when an Ottawa police officer fired two shots at him from less than two metres away.

However, SIU director Ian Scott said the investigation was hampered because the notes from witness officers were questionable.

“Notes are the basis of all subsequent interviews and court testimony,” said Scott.

“Here, we have an officer who wrote up his notes after they were approved by a lawyer.”

Scott is asking Chief Vern White to review this practice.

TIM WIECLAWSKI

ARREST

Medals, pills seized from shop

Police arrested a 65-year-old Ottawa man after seizing Oxycontin pills and war medals from a downtown pawn shop earlier this week.

The Ottawa Police Street Crime Unit executed a controlled drugs and substances act search warrant in the 300 block of Dalhousie Street Tuesday.

They seized nearly 500 Oxycontin pills with an estimated street value of $2,500, as well as $9,000 in cash, three stolen credit cards and six Canadian war medals. It is an offence to take into pawn any war medals under the pawnbrokers act.

Business owner Maofid Saikely faces charges including breach of probation, possession for the purposes of trafficking, trafficking and possession of proceeds of crime under and over $5,000. Police are investigating further to locate the owner of the war medals.

TRACEY TONG

30 busted in hooker sweep

Ottawa police arrested 30 people and laid 26 charges during a three-day prostitution sweep in Centretown, Lowertown/Vanier and the Merivale/Caldwell Roads area over the Civic Holiday long weekend.

Eleven of the 13 males arrested qualified for the pre-charge diversion program. Nineteen people were charged with offences including communicating for the purpose of prostitution, mischief and breach of conditions.

TRACEY TONG

Fire causes $100K in damage at Page Road house

An early morning fire caused $110,000 in damages to a vacant house at 2251 Page Rd. yesterday.

Ottawa firefighters received the call at 2:35 a.m. The fire, which firefighters said appeared to have started at the rear of the home, spread to the inside main floor and attic.

There were no injuries. The cause of the fire is under investigation.

TRACEY TONG

CONTRIBUTED PHOTO

▶ Ottawa is “a huge country market,” says singer Tara Oram.

Dream come true for singer

▶ Tara Oram set to open for her idol, country superstar Dwight Yoakam, on the Capital Hoedown stage tomorrow night

TRACEY TONG
@METRONEWS.CA

> **“I’m all about having real songs and songs that people can relate to.”**
>
> **TARA ORAM**

Three years ago, an appearance on Canadian Idol changed Tara Oram’s life. Sort of.

The Brampton, Ont. resident is making music for a living, full-time. She released her first album, Chasing the Sun, in 2008 and is working on a second.

But she’s still the same girl, Oram told Metro yesterday. After all, she’s been performing since she was 10 years old.

“Now, I’m doing what I love, but I don’t really see how people can change,” she said. “The only thing that changes is your lifestyle, and sometimes, people around you change, or look at you differently. Maybe life is more enjoyable now, because I’m doing what I love.

“I’ve spent my whole life trying to get to this point.”

When she takes the stage at Capital Hoedown tomorrow night, Oram will be performing some of her favourites, as well as material from her upcoming album.

“Being able to perform songs before recording them is great,” she said. “I want to make the album as great as possible. I want it to be a reflection of me and the music I love and want to represent.”

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Man faces cat cruelty rap

The Ottawa Humane Society charged a 67-year-old man after the emaciated corpses of two cats were found in an unoccupied residence in east Ottawa.

Charles Hogg of Clarence Creek was charged July 29 with four counts of animal cruelty for failing to provide adequate food and water to two cats in his care, and for permitting distress to the animals.

An OHS agent discovered the stench of urine, feces and decomposing flesh inside the home. The man had not lived at the residence for over a month, the OHS said. He appears in court Sept. 16.

TRACEY TONG

JUST VISITING

The birth of a wacky adventure

Sebastian Terry is excited about the impending birth of a wee one, just as excited as when he ran with the bulls or played rugby naked.

The 26-year-old Australian-born adventurer is in Regina for the next few days while he waits to help Tara Klein, a total stranger, deliver her third child.

It's No. 23 on his "bucket list" of 100 things he wants to do before he dies.

Terry started a website called 100things.com.au, which is where Klein saw his request for a pregnant volunteer.

Her own spirit of adventure spurred her to invite him to Canada — and be there when she delivers in the next few days.

THE CANADIAN PRESS

Kev, 20, fights new drink law

0 The law that took effect Aug. 1 requires all drivers 21 and under to have a zero blood-alcohol content, regardless of their class of licence.

A young Toronto man has gone to court to challenge Ontario's new law prohibiting drivers 21 and under from having any alcohol whatever in their systems.

Kevin Wiener, 20, filed his application in the Ontario Superior Court of Justice yesterday, alleging the law is unconstitutional because it is based solely on age.

The government says its law is based on scientific evidence.

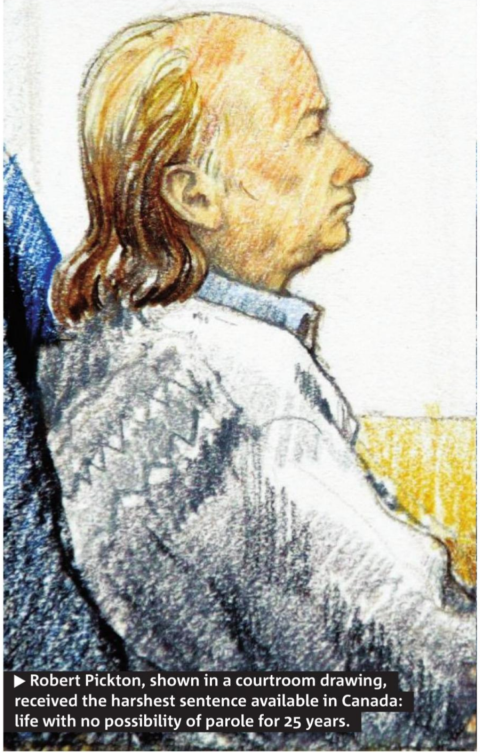
It says statistics show accidents involving drinking drivers fall off dramatically after age 22.

Five young drivers have been issued 24-hour driving suspensions by the Ontario Provincial Police since the rule came into effect Sunday.

THE CANADIAN PRESS

The woman who escaped Pickton

THE CANADIAN PRESS



▶ Robert Pickton, shown in a courtroom drawing, received the harshest sentence available in Canada: life with no possibility of parole for 25 years.

She says he paid for sex, then they fought — and both went to hospital

Jurors who sat through the year-long case against Robert Pickton never heard from one woman who claimed she was the one that got away.

During Pickton's preliminary hearing, the woman told court she went to Pickton's farm in 1997 and was paid for sex.

But afterwards, he came up behind her and slipped on a handcuff.

She said she grabbed a knife and the pair struggled, each ending up with life-threatening wounds.

The woman told court she fled and was taken to hospital with the handcuff still attached.

The key for the handcuff was found with Pickton after he arrived at the same hospital later.

He was charged with attempted murder, but the charges were stayed in 1998 and jurors never heard the story.

The woman's name remains under court ban.

But the details can be made public after the Crown stayed the remaining 20 murder charges against Pickton yesterday.

Pickton once bragged that he killed 49 women.

THE CANADIAN PRESS

Charges stayed

Twenty first-degree murder charges against Robert Pickton were formally stayed by the Crown yesterday.

- **The six women:** Pickton was convicted in December 2007 of second-degree murder for killing six women.
- **The anger:** "We feel we've been failed by the justice system," said Lillian Beaudoin, whose sister was among the 20 women whose cases have been stayed. "You don't just lay all these charges and then stay them."

New hope for teen held in Cuba

Cuban officials say passport restrictions that have kept a 19-year-old Simcoe man there should be lifted today.

Cody LeCompte has been unable to leave Cuba since an April car accident.

THE CANADIAN PRESS

Lights, camera ... search!

The Canada Border Services Agency is holding a casting call for actors to help train new officers.

It's looking for 55 men and women to improvise being searched and questioned by new guards.

THE CANADIAN PRESS

COLIN PERKEL/THE CANADIAN PRESS

▶ Abdullah Khadr

After 4½ years, a Khadr is free

Abdullah Khadr was released yesterday after 4½ years behind bars when a Toronto judge stayed his hearing over whether he should be extradited to the United States.

Ontario Superior Court Justice Christopher Speyer ruled a self-incriminating statement Khadr, now 29, gave to American agents while in custody in Pakistan was "manifestly unreliable."

Further statements based on that one were also inadmissible, Speyer ruled in what he called an "exceptional" case.

Yesterday's decision comes just days before Khadr's brother, Omar, is slated to stand trial in Guantanamo Bay on war-crimes charges.

"I think this is going to be a new beginning for me in life," Khadr said.

"I want to just start anew now."

The federal government wanted Khadr sent to the U.S. to face terrorism-related charges.

THE CANADIAN PRESS

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Life in Pakistan demolished after rain, floods

- UN scrambles to provide assistance to 3.2 million
- Country already struggling with Islamist militancy

B.K.BANGASH/THE ASSOCIATED PRESS

▶ A Pakistani boy carries a sewing machine found from the rubble of his house, yesterday.

Flooding ravaged hundreds of villages in Pakistan's main province of Punjab yesterday, destroying homes, soaking crops, and threatening more lives. Aid workers warned that bloated rivers would surge south soon, flooding more areas.

The rush of muddy water over river banks in Punjab threatened to destroy vast stretches of crops that make the province Pakistan's breadbasket. The loss of farm produce is one reason the UN has warned of serious food shortages, and the World Food Program has estimated that 1.8 million people will need to be fed over the next month.

Rescue workers have struggled to deliver aid due to washed-out bridges and roads and downed communication lines.

Several foreign countries, including the United States, have stepped in to help. But many flood victims have complained that aid is not reaching them fast enough, or at all, expressing anger that could grow as flooding spreads to new areas.

THE ASSOCIATED PRESS

Rain set to go on

- The monsoon season has caused the worst flooding in Pakistan in living memory.
- It has already killed more than 1,500 people.

14-year-old. Starting solo sail

▶14-year-old Laura Dekker, who hopes to become the youngest person to sail around the world by herself, and her father Dick Dekker departed for Portugal where she hopes to begin her solo attempt.

BAS CZERWINSKI/THE ASSOCIATED PRESS

Smooth sailing ahead

The Guinness' World Records have decided they will no longer recognize records for "youngest" sailors to avoid encouraging optimistic youths.

Probe finds 'concerns' in unnecessary surgeries case

Provincial investigators probing unnecessary surgeries in southern Ontario said yesterday they had "significant concerns" with the work of a pathologist involved in a mistaken mastectomy case.

After reviewing more than 6,000 cases stretching back to 2003, investigators say they had concerns about certain diagnoses by Dr. Olive Williams and the quality of some of her reports.

Medical experts had moderate or major disagreements with the original diagnosis in 221 of Williams' cases, 45 of which warranted "further investigation, treatment or patient follow-up," the report said.

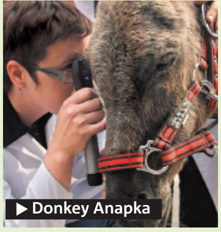
However, the report concluded that Williams' error rate was within an acceptable range as quoted in medical literature.

Williams is no longer practising in Ontario.

THE CANADIAN PRESS

News in brief

MIKHAIL METZEL/THE ASSOCIATED PRESS



▶ Donkey Anapka

Flying donkey finds a home

The female donkey Anapka was purchased by a British newspaper after a recreation company had sent Anapka up into the sky for about 30 minutes for a promotional stunt and the YouTube video of her trip made headlines around the world. Readers of the The Sun had urged the newspaper to rescue her.

THE ASSOCIATED PRESS

Frontier not breached

DEIR EL-ZAHRANI, LEBANON. UN peacekeepers said yesterday a cypress tree an Israeli soldier was cutting down just before a border clash with Lebanese soldiers erupted was in Israeli territory, contradicting Lebanese claims that their frontier was breached.

THE ASSOCIATED PRESS

No attempted assassination for president

TEHRAN, IRAN. Iran's official news agency said yesterday that an explosion near the president's convoy was just an excited fan setting off fireworks, denying earlier reports of an assassination attempt.

THE ASSOCIATED PRESS

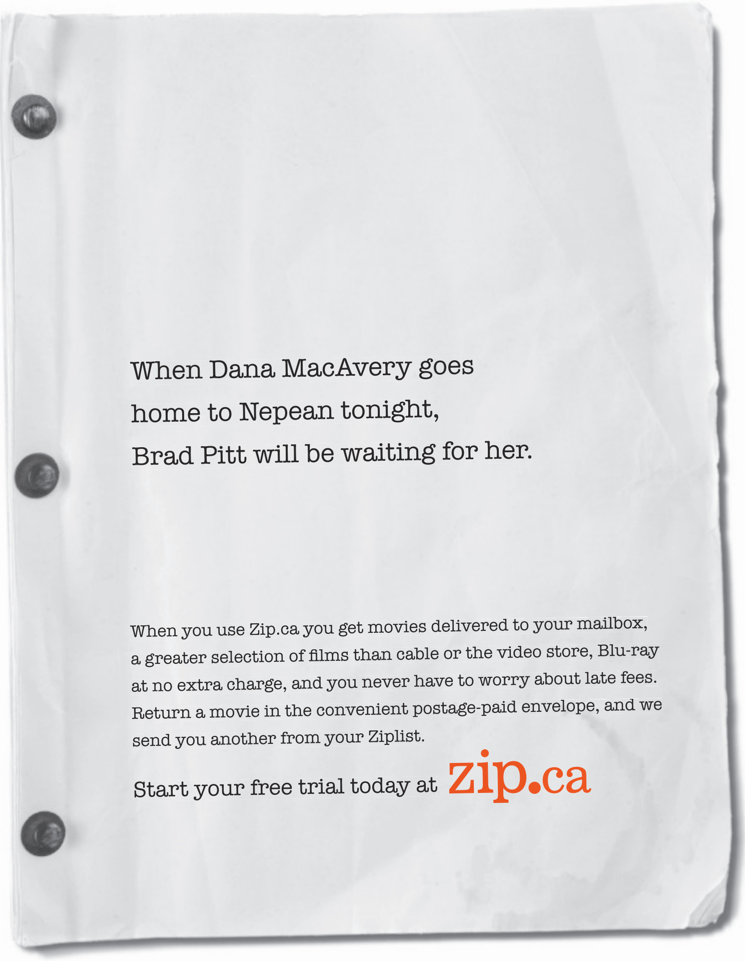
Toe-eating dog a lifesaver

ROCKFORD, MICH. A U.S. man says he's grateful his dog ate most of his toe while he was passed out drunk because the dog's action helped the man uncover an undiagnosed diabetic condition and led to treatment that could save his life.

THE ASSOCIATED PRESS

Smog, wildfires ravage Russia

MOSCOW. Moscow was engulfed yesterday by the thickest blanket of smog yet this summer, a haze from wildfires that have wiped out forests, villages and a military base. **THE ASSOCIATED PRESS**



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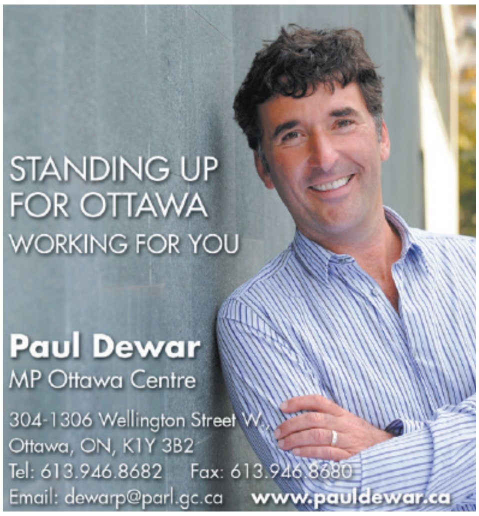
News in brief

Rogers buys into online

TOPS. Rogers Communications Inc. is becoming an equal partner in a joint venture that's commercializing TOPS, the online publishing system used to run a number of websites owned by Torstar Corp., including Metro News of Canada. **THE CANADIAN PRESS**

Jazz ready for snowbirds

TRAVEL. Jazz Air Income Fund is gearing up for the November launch of service to winter hot spots on behalf of Thomas Cook Canada. **THE CANADIAN PRESS**



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Security puts RIM in a tricky spot

Two countries ban BlackBerry services ▶ Company says it won't compromise on customer privacy

Research In Motion faces challenges for growth in emerging markets like the Middle East with looming bans on BlackBerry email and messenger services by restrictive governments.

RIM said it has no intention of compromising security on the device, which has helped drive the company's reputation worldwide.

Saudi Arabia plans to shut down BlackBerry services on Friday. The United Arab Emirates has announced it will shut down BlackBerry data and messaging functions in October.

Indonesia is threatening the same. China and India have similar issues with Research In Motion.

RIM's computer servers are overseas and these governments don't have local control or access to users' content. In countries such as UAE, websites and some forms of media are monitored by the government for content.

Analyst Matthew Thornton of Avian Securities said RIM would rather lose the business than compromise the security of its devices.

"I think this is limited to some of the newer relationships in countries where government tactics and government practices may be a little different," Thornton said from Boston.

All of this comes as RIM has just introduced a new touchscreen phone with a pullout keyboard and a faster Internet browser.

THE CANADIAN PRESS

RICHARD DREW/ASSOCIATED PRESS

BlackBerry Torch

▶ RIM president Mike Lazaridis introduced the company's new Torch on Tuesday, the same day the UEA announced a ban on Blackberry services.

Market moment

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PLANTING FEET FIRMLY IN THE BIG CITY

He says ...

JOHN MAZEROLLE

I've lived in Toronto long enough that I'm starting to forget what it's like to be from the Maritimes. The ways of the East Coast are giving way to the rhythm of the Golden Horseshoe.

Believe me: New Brunswick to Toronto is a gear shift that will junk your emotional engine if you're not careful.

New Brunswickers are a conservative sort, but friendly and trusting. We put chastity belts on our daughters, but we leave the key in the lock.

Meanwhile, Torontonians are socially liberal, but not liberally social. We always have an aura of busyness, even when all we're doing is playing games on our iPhones.

I use "we" to describe both New Brunswickers and Torontonians because, right now, I feel like I have a foot in each province.

That can make me feel off balance because it's a bit like having one foot in a canoe and the other on a Great Lakes vessel.

> **"I feel like I have a foot in each province. That can make me feel off balance because it's a bit like having one foot in a canoe and the other on a Great Lakes vessel."**

For example: In certain Toronto neighbourhoods crime is a given.

Compare that with my hometown Saint John, N.B., where as far as I know there has been one murder charge in the last two years, the accused was acquitted and — this is true — the weapon was a sword.

In New Brunswick, even front page violence is quaint. It makes you wonder what the police will do when Saint John's criminals discover the musket.

Sergeant: His firestick is no match for our chain mail, men! Put away your slingshots and run!

Another big difference between the two regions is that, in Saint John, there is no racial tension. Because there are no races. You can't start a fire in a vacuum.

Do you know what we call black people in New Brunswick? We call him "Daryl." Because that's his name.

So, two years in Toronto has been an experience. And, now, for the first time the big city is becoming the "new normal."

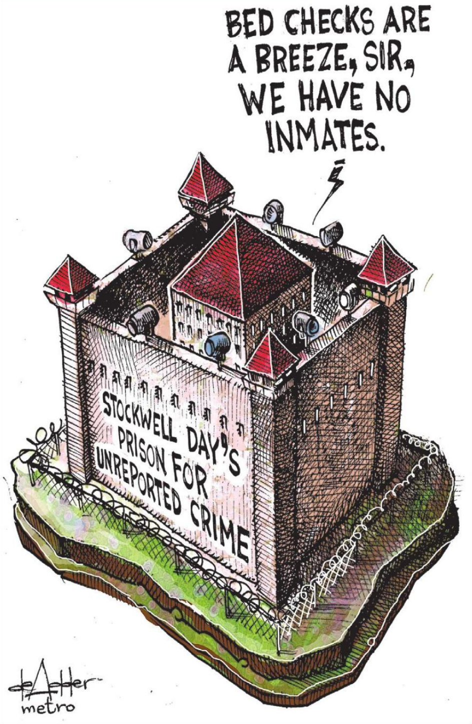
When I moved here, Toronto houses were too close together, but now it's the homes in New Brunswick that seem amusingly far apart.

Eight lanes of traffic in the middle of a city seems normal now, when before I had gawked at it like it was Blade Runner.

Soon, both feet will be in Toronto. But I know that, no matter what happens, there will always be a little bit of New Brunswick inside me. I'm pretty sure it's asbestos.

Cartoon

MICHAEL DE ADDER


BED CHECKS ARE A BREEZE, SIR, WE HAVE NO INMATES.
STOCKWELL DAY'S PRISON FOR UNREPORTED CRIME
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metro

Zapping caffeine drinks

Letters & Tweets

Energy overload?

Red Bull
ENERGY DRINK

HALIFAX. The popularity and increased use of caffeinated beverages among our youth is a growing concern for physicians. It can be easy to over-consume caffeine since many beverages contain above the recommended maximum daily consumption. Some energy drinks contain 360 milligrams of caffeine, more than twice the recommended daily intake.

While many people believe caffeinated beverages will provide increased energy and alertness, there are many risks linked to using them. Health Canada reports that too much caffeine can result in electrolyte disturbances, which may cause nausea and vomiting and/or heart irregularities. A small amount of caffeine could also cause sleeping problems, headaches, irritability and nervousness.

Making these drinks less available to youth may help reduce the risk of excessive caffeine consumption.

JANE BROOKS, PRESIDENT, DOCTORS NOVA SCOTIA

We asked: Lady Gaga: Hot or not?

VANCOUVER. @dark_phoenix00x: lady gaga is hot! Awesome music, awesome voice, awesome dancer, awesome fashion!

What's your summer beverage of choice? Why?

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Metro Minute with Cecilia quartet

Time flies in the summertime — and the days of the 2010 Ottawa International Chamber Music Festival are numbered. Check out of work early and pop over to St. Andrew's Church at 3 p.m. today to catch a performance by the Cecilia String Quartet.

Called one of Canada's most exciting young ensembles, the quartet features Min-Jeong Koh and Sarah Nematallah on violin, Caitlin Boyle on viola and Rebecca Wenham on cello. The group, which performs all over the world, placed second at the 2008 Osaka International Chamber Music Competition and won the 2007 Galaxie Rising Stars Award.

● **TRACEY TONG**

CONTRIBUTED

▶ The Cecilia String Quartet performs today at Chamberfest.

Director steps up to 3-D challenge

Filmmaker Chu gets his groove on with technology trends in dance film Found top talent by holding auditions through YouTube

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

While filming exciting dance sequences is nothing new to Jon M. Chu, who got his directorial debut with Step Up 2 the Streets, the California native faced some new challenges with the next instalment in the series, Step Up 3D.

"I'd been to all the lectures, read all the books, read all the articles, but you really don't know 3-D until you literally have it in your hands and you're playing," he says.

"If you mess up focus (on a regular film), you can fix that later. You can say, 'Oh, it's my artistic choice to make it out of focus.' But in 3-D, your audience is going to throw up."

Luckily there haven't been any reports of audience members losing their lunch just yet.

Chu insists that, the learning curve aside, he was excited about working with the new technology.

"This is a fantasy movie," he says. "We got to push it. The 3-D really helps develop that tone of fantasy."

It also gave him a chance to have some fun at the expense of his young leads, breakdancer Rick Malambri and Australian actress and singer Sharni Vinson.

Beyond the two leads, Chu needed to find a veritable army of dance talent, and he and his team went to great lengths to do just that.

"It's crazy. The dance world is huge," he says. "We did live auditions in New York and L.A., where thousands and thousands of people came out."

The director, whose YouTube dance battle from a couple of years ago became an online sensation, turned to the Internet for casting help as well.

"I also released it on my YouTube channel," he says. "It wasn't a contest, it wasn't anything like that. I just literally said, 'Hey, if you can dance, show me.' And we got thousands and thousands of submissions through that. We hired a couple of people from there."

"Ultimately we were looking for the top of the top. This is the NBA All-Stars of dance."
DIRECTOR JON M. CHU

PHOTO COURTESY DISNEY

▶ Step Up 3D — in theatres Friday — is set to push the limits for dance films.

News in brief

1 Judges at the Special Court for Sierra Leone have rejected a protest from Charles Taylor, clearing the way for model Naomi Campbell to testify at his war crimes trial today. **THE ASSOCIATED PRESS**

2 Barbra Streisand will be honoured as the 2011 MusiCares Person of the Year for her creative accomplishments and philanthropic work. **THE ASSOCIATED PRESS**

Scan code for a story on how fan found her Munster match

Sevani returns as goofy Moose

▶ Adam Sevani

After stealing scenes as Moose, the lanky, goofy comic relief, in Step Up 2 the Streets, 17-year-old Adam Sevani gets a bit more screen time in the latest instalment, kicking off the plot with his character's arrival at NYU.

Sevani sat down with Metro to talk about his role in the new film and what he doesn't watch on TV.

Were you happy to discover you had a bigger role in the new movie?
I didn't really think about it, to be honest with you. I didn't know until I saw the movie. Like, same with Step Up 2, I didn't realize his role in it until I saw the movie. Sometimes I don't even remember what we shot, so I would kind of forgot what we did, and then when I see it I'm like, 'We did that?' And the whole movie ends and I'm like, 'Wow, that was pretty cool.'

What do you think of the resurgence in popularity of dance?
I don't know, I feel like it's always been around. I mean, you see Elvis, you see Michael. It's always been there. So I don't think it's something that's new, it's just becoming a little bit more pushed into TV and mainstream, and surprisingly these are the No. 1 shows. It's not surprising, but it's cool.

Are you a fan of So You Think You Can Dance?
To be honest with you, I've never seen it, ever. Never. (laughs)

NED EHRBAR/ METRO WORLD NEWS

Album reviews

A classic 🌐🌐🌐🌐🌐 | Buy it 🌐🌐🌐🌐 | Get the single 🌐🌐🌐 | Borrow it 🌐🌐 | Don't bother 🌐

To mom with love

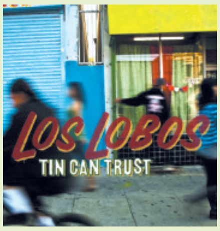
Kathryn Calder
Album: Are You My Mother?
Label: File: Under Music
🌐🌐🌐½

Until recently, life had been good for Kathryn Calder. The Vancouver-based singer-songwriter found some success with her power pop band Immaculate Machine, but her star really started to rise when she joined the New Pornographers, led by cousin Carl Newman, in 2005. But, two years ago her mother was diagnosed with Lou Gehrig's disease (ALS). Instead of retreating, she did what any good songwriter would do — she wrote a touching solo album dedicated to her mom, which she heard before passing away last year. The music is heartwarming, but it's not a depressing dirge. Tracks like Arrow and opener Slip Away are somber, touching songs — on the latter she sings to her mom, "tell me everything I need to know." Other tunes recall her power pop leanings — Follow me Into the Hill is an infectious mid-tempo rocker; Castor and Pollux is a bouncy pop tune with a plethora of guitar effects. It's a great solo debut, and there's no doubt she'll make it on her own, but it's just a start. If she can build on songs like Arrow, which has the best chorus Calder's ever written, she'll be able to give up her day jobs.

Outstanding track: Arrow

🌐 **BRYAN BORZYKOWSKI**

Los Lobos
Album: Tin Can Trust
Label: Shout!
🌐🌐🌐🌐

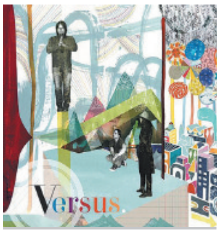


This is a hard-working band of virtuoso talents that undeservedly fell into a quiet zone during the last few years, respected by those in the know but never getting the widespread recognition they merited. Tin Can Trust doesn't depart from the band's usual mix of traditional Latino and west-coast jam rock. But it's done so well and played so tightly that Tin Can Trust should remind old fans just how good Los Lobos can be.

Outstanding track: West L.A. Fadeaway.

🌐 **GRAHAM ROCKINGHAM**

Versus
Album: On The One And Threes
Label: Merge
🌐🌐🌐½

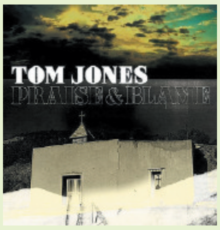


While they weren't one of the more name-dropped bands of the '90s, Versus have returned with their sixth album sounding as if there was no ten-year hiatus. They've comfortably settled into their guitars with a mix of crunchy dissonance and snaking melodies. The only problem with On The One And Threes is that it it's missing the sort of hook-laden songs to find a new audience.

Outstanding track: Cicada

🌐 **CAM LINDSAY**

Tom Jones
Album: Praise & Blame
Label: Universal
🌐🌐🌐



Tom Jones has covered a lot of ground, but the legendary crooner will always be remembered for songs like Sex Bomb and She's a Lady. So it's strange to hear him channel Johnny Cash. Praise & Blame is a straight up country and blues pop record. It's got a haunting, introspective opener in What Good Am I, a rollicking Elvis-like blues number with Strange Things and soothing country gospel on If I Give My Soul. It's not a bad disc, but it's hard to buy the slower numbers.

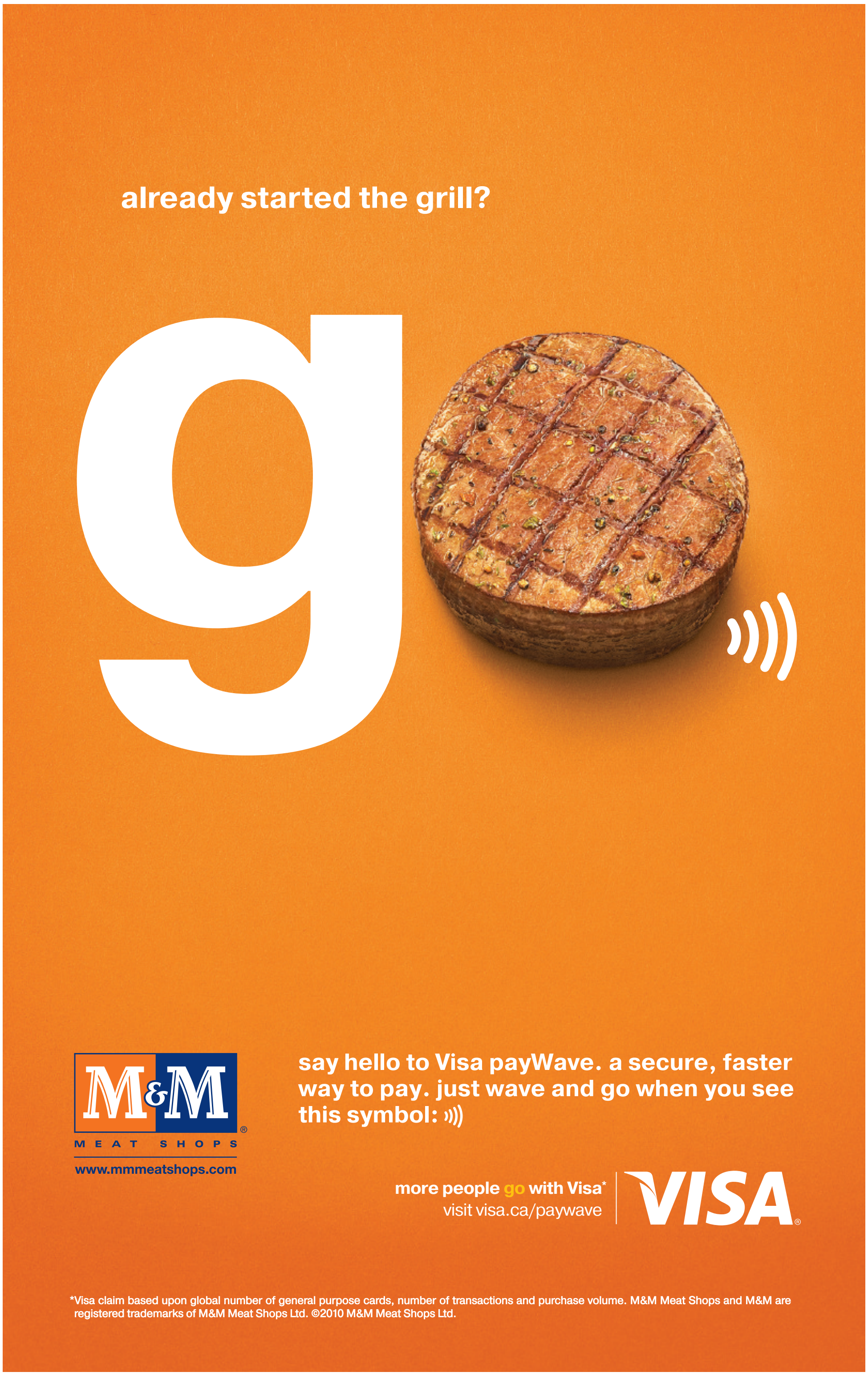
Outstanding track: Strange Things 🌐 **BRYAN BORZYKOWSKI**

TV picks

B.C. families take diet local

DRAMA Six families in B.C. try to consume only local food and beverages in the series 100 Mile Challenge. The show is based on the book 100 Mile Diet: A Year of Local Eating. (Global)

THE CANADIAN PRESS



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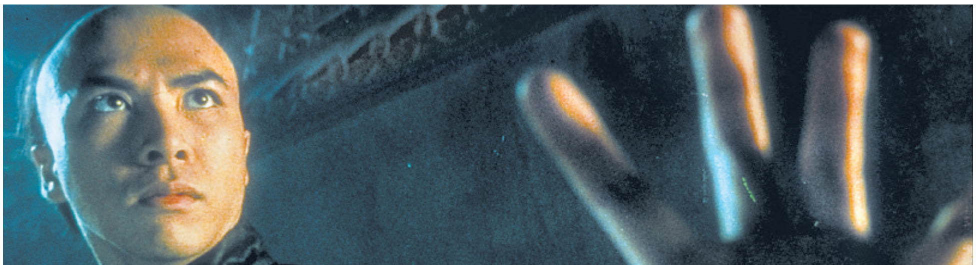

▶ Donnie Yen plays a visiting martial arts expert who comes to the rescue of the downtrodden when needed in one of his earlier action films, Iron Monkey.

He’s much more than just a kung fu fighter

▶ Breakthrough role propels Donnie Yen from shadow of Jackie Chan, Jet Li and Bruce Lee ▶ Actor becomes most prolific action star in China

For years, Donnie Yen worked in the shadow of Jackie Chan and Jet Li.

Having fought both on-screen, the actor, 47, was considered a worthy opponent but not necessarily a leading man. But that changed after Yen took on the role of Bruce Lee’s kung fu master in the 2008 hit Ip Man.

This year’s sequel was also successful, becoming the top-grossing film in China in the first half of 2010. With Chan and Li seeking more dramatic roles, Yen is now the most prolific action star with four releases this year.

Yen says Chinese viewers have tired of the superhuman feats of action heroes like Lee, Li and Chan. “What people want to see is someone closer to the people, someone with family values ... but at the same time (Ip) excels at kung fu ... He can protect his family,’’ says Yen.

Born in China and raised in Hong Kong and Boston, Yen is capitalizing on his new stardom and has no plans to slow down. The actor — trained by his mother, a martial arts teacher — is also fight choreographer on all four upcoming productions.

“I want to continue to make breakthroughs in kung fu and action film. Flashy, fierce and fresh fight sequences are no longer the only requirement. Now they also need to move the emotions of the audience,” he says.

THE ASSOCIATED PRESS

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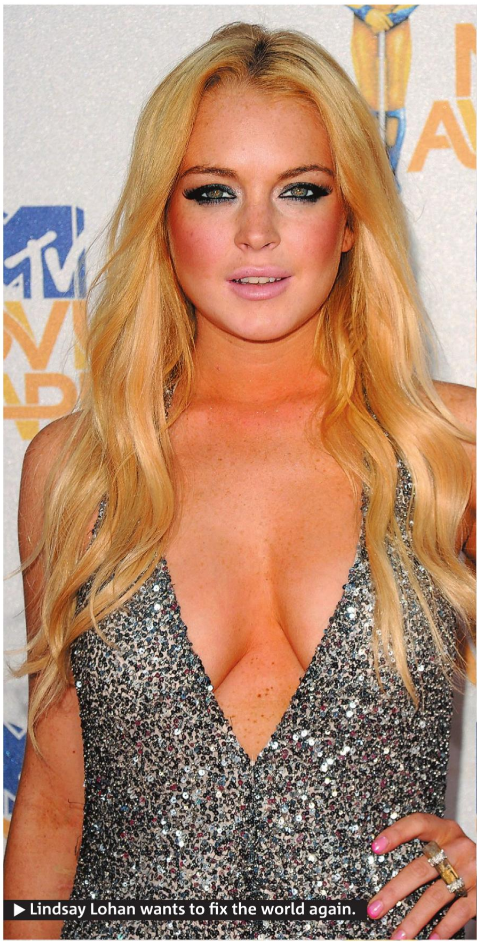


▶ Lindsay Lohan wants to fix the world again.

Lohan in photo shoot before jail

Before riding out her 14 days in prison, Lindsay Lohan sat down for an interview and provocative photo shoot with Maxim magazine.

"I am feeling strong. I've experienced a lot in my life, and my mom has given me a lot of faith," Lohan tells the magazine this week..

She's looking ahead to life after her current 90-day rehab stay, and plans to spend the next year focusing "on myself and my work and to move all press on me to focus on the work I do. Also, I'd like to do more work in India and travel to Malawi." **METRO WORLD NEWS**

▶ Going Gaga

Lady Gaga is just 'lonely'

Lady Gaga describes herself as "lonely" in an interview with Vanity Fair.

"It's my condition as an artist," she says.

The pop sensation admits that she fears losing her creativity by being intimate with someone.

METRO WORLD NEWS

▶ Michaele Salahi

Party crasher to auction off famous dress

Michaele Salahi is going to auction off the red sari for charity she wore when she and her husband allegedly crashed a White House dinner. She is now starring in The Real Housewives of D.C. **METRO WORLD NEWS**

Simpson's dad spoils her Idol aspirations

▶ **New reports surface that Jessica lost her judge spot on American Idol thanks to her meddling father**

GETTY IMAGES

▶ Dealing with her daddy issues again.

It looks like Jessica Simpson lost out on taking one of the empty seats on the American Idol judge's panel, and she reportedly has her dad and manager, Joe Simpson, to thank.

When producers approached Joe about having his famous daughter join the team, he reportedly made so many ridiculous demands on her behalf that they decided to move on to Jennifer Lopez, according to Crushable.

A rep for the Simpsons had no comment.

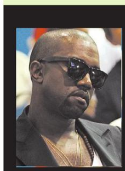
But last week, reports surfaced on several celebrity websites that indicated Simpson had numerous meetings with Idol brass about possibly joining the show for the upcoming 10th season, which kicks off in January 2011.

METRO WORLD NEWS

Celebrity tweets

Justin Bieber [@justinbieber] pretty excited about it and think everyone will enjoy the story and the pics...but we can all agree im a little too young to write a memoir

John Mayer [@johnmayer] The 8/31 end of combat will be the 9/1 beginning of making sure our troops come home to a US that cares for them. Believe that.



Kanye West [@kanyewest] Twit pic acting up ... I wanna bless yall with this hotel view but it wasn't meant to be I guess

METRO WORLD NEWS

Sheen gets to skip jail

▶ **Plea deal will see Two and a Half Men star get credit for time served, spend remainder of sentence in rehab**

GETTY IMAGES

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SCANLIFE

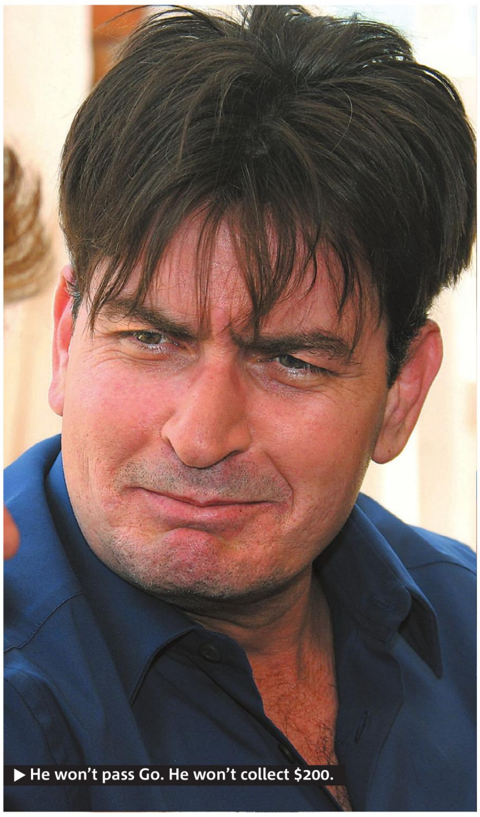
Charlie Sheen might have been sentenced to 30 days in jail, but he won't actually be spending that time behind bars — or anywhere, according to TMZ.

According to his plea deal, his sentence is set to be "administered and executed" by the Promises rehab facility in Malibu, but Sheen will also get credit for "time served" since he checked himself into the facility for more than a month earlier this year.

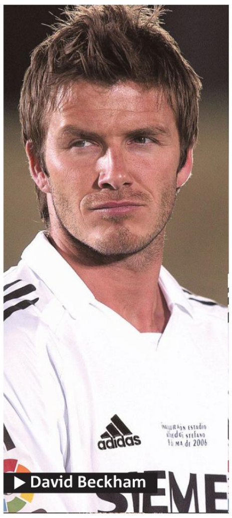
Sources say that means Sheen will check himself into rehab on Aug. 23 then immediately check himself out.

The charges faced by Sheen stemmed from a Christmas Day altercation in Aspen, Colo.

METRO WORLD NEWS



▶ He won't pass Go. He won't collect $200.



▶ David Beckham

Becks wants his bangers and mash

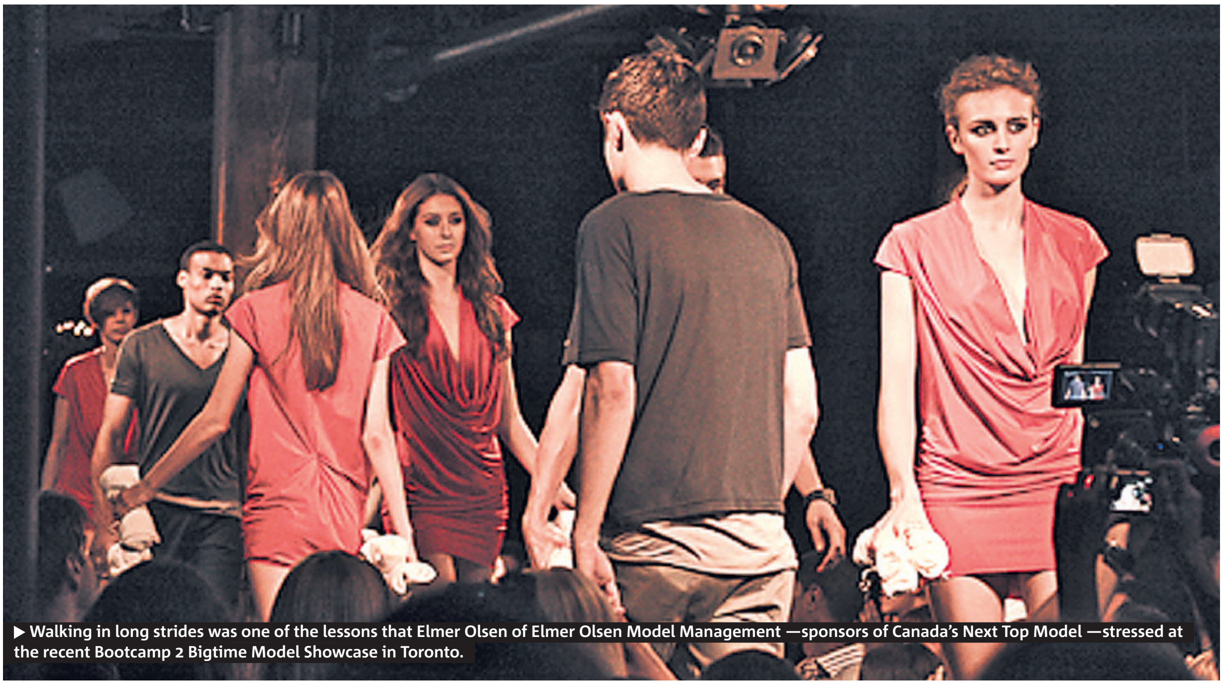
David Beckham has apparently found a way to spend all the free time he has since an injury has kept off the L.A. Galaxy roster.

The soccer star is reportedly planning on opening a restaurant in Los Angeles with pal Gordon Ramsey, according to the Daily Star.

"He wants pie and mash, fish and chips and even chicken in a basket on the menu, just like the meals he eats when he's in the U.K.," a source says.

METRO WORLD NEWS

ALICE XUE



▶ Walking in long strides was one of the lessons that Elmer Olsen of Elmer Olsen Model Management —sponsors of Canada's Next Top Model —stressed at the recent Bootcamp 2 Bigtime Model Showcase in Toronto.

'Newest and brightest' talent

Elmer Olsen Model Management recently held its fourth annual Bootcamp 2 Bigtime Model Showcase ◆ Keynote speakers shared their runway stories and secrets to success

JULIA TEELUCK
LIFE@METRONEWS.CA

The spotlight hit the stage. The packed audience grew silent in anticipation as the graduates of Elmer Olsen's Bootcamp 2 Bigtime stepped onto the runway like seasoned professionals at This is London nightclub.

International modeling agents and other fashion industry professionals perused the fresh new faces. Was the next big star in the industry on the stage?

The models showcased Greta Constantine designs — the females were draped in red dresses and the males were dressed in stylishly cut jeans and tees.

Just hours earlier, the group had gone through Bootcamp 2 Bigtime, a day of training for Elmer Olsen's "newest and brightest" talent. Models were offered a rare opportunity to receive advice from industry experts and to meet major agents from New York, Paris, Milan, London, Germany and Tokyo. Elmer Olsen Model Management is one of the top modeling agencies in Canada and the sponsoring agency of Canada's Next Top Model. The agency held its fourth annual Bootcamp 2 Bigtime Model Showcase last month at the Hyatt Regency hotel in Toronto. The fashion show at This is London concluded the event.

The day started with runway lessons at the Hyatt. "And you girls thought walking was easy," laughed Olsen as he coached a group of aspiring models in the art of perfecting the walk. "Longer strides," he called out. Runway lessons were followed by a lecture series. Among the speakers were international photographer Christopher Wadsworth, and fashion designers Kirk Pickersgill and Stephen Wong of Greta Constantine.

> **"It's your agent's or manager's job to get you in the door, and the model's job to take it from there. Clients want to work with someone who has a great personality. If you think about it, they're spending all day and sometimes several days on a shoot, and they want to have someone who's enjoyable and professional to be around."**
>
> **JESSICA LILLEMON**
> **SCOUT, DEVELOPMENT DIVISION, IMG, NEW YORK**

The speakers all agreed that personality is a key component of success in the business. Personality is expressed as a positive attitude and is crucial to a successful model's career. If a model is having a bad day, she has to carry on as though everything is fine. "Modeling is unbelievably difficult," Olsen said, "because you're always 'on.'" In his speech Wong added, "You have to be professional. It's a job."

Amanda, Jessica, Elise and Taras, all successful Elmer Olsen models, were on hand to share their experiences and offer advice. Models often travel to foreign cities for international shows. "It can get quite lonely," Elise said. But she reassured the group that the benefits of modeling, like the life experience, far outweigh any difficulties.

Another issue for models is maintaining a required weight. Dean Rodgers, an agent at the Marilyn Agency in New York cautioned that although weight still matters, there's a fine line between thin and too thin. Although designers want their clothing to drape on the runway, they do not want a girl who looks sick. "Being too thin is dangerous and does not guarantee success," he said.

What does it take?

What takes a good model to international stardom?

- **She should be** 5'10" to 5'12" — perfect height is 5'11" — with small hips and long, long legs with small ankles, extra slim legs compared to the average. And small busts work better for big designers.
- **She must have some** sense of magic — perhaps an other worldliness she projects in her pictures, or a sparkle in the eye. It's so hard to describe, "but trust me, I know it when I see it," says Elmer Olsen. "Think about the unmistakable quality of undone elegance like Daria Werbowy, or the cool tomboy likeability of Amanda Laine."

News in brief

prevage
EYE

From fine lines and crow's feet, to dark circles, puffiness, crepiness, discolourations, redness and irritation, Prevage Eye Advanced Anti-Age Serum tackles all the ailments of this tender area with its highly restorative moisturizing ingredients. Prevage hits The Bay, Sears and Shoppers Drug Mart counters starting next month. ($120/15ml)

METRO

SCANLIFE

Models to walk the runway to challenge fashion industry's idea of beauty

The interchangeable purse

Changing a handbag to match your outfit, occasion or even mood is something most women love to do Now a new designer purse line called Miche Bag makes it easier and less expensive with its magnetic bag "shells"

ANN-MARIE COLACINO
LIFE@METRONEWS.CA

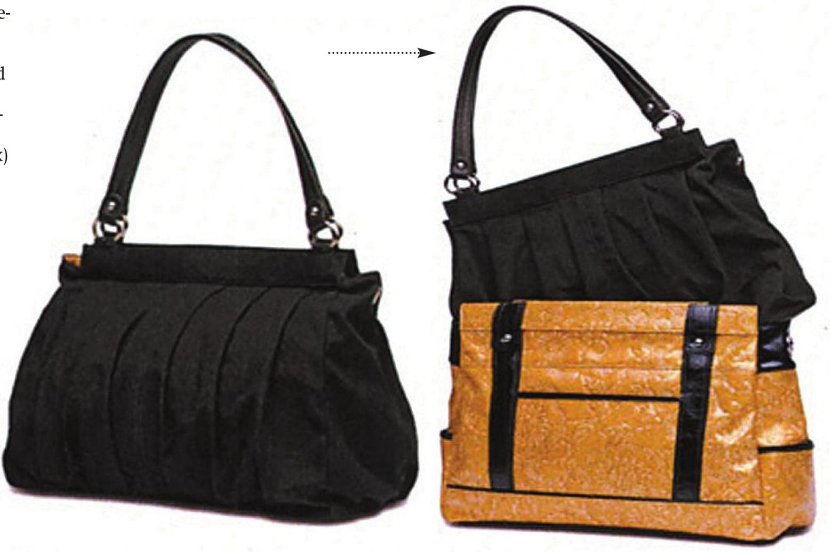
Women love to change their purses to match certain outfits or suit a particular outing.

The problem is, of course the expense of buying so many different bags and the common setback of forgetting to transfer all contents when switching styles.

A revolutionary new purse called the Miche Bag helps solve these issues by providing base bags (in varying sizes) with changeable magnetic covers or "shells" that offer different patterns and colours. So you buy the base bag ($100) — available in small (Classic) or large (Max) — which comes with three cover changes for the Classic and two for the Max.

Then you can purchase additional shells if you like ($25 to $50 each).

Here's a diagram of how it works as well as a few of of Metro's favourite Miche Bag covers:



Ellie, $25
Sexy red faux leather reptile print shell includes large silver buckle detail on front. Also available in black. (Classic shell)

▶ Available online at michebag.ca

▶ The Miche Bag is a purse with an endless amount of possibilities with its base handbag and variety of interchangeable shell options.

Ashley, $25
Brown floral pattern textile with full ends and brown faux leather closure. (Classic shell)

▶ Available online at michebag.ca

Katheryn, $50
A chocolate brown faux leather shell with pleating, side pockets and over-flap. Small black details are placed throughout the design. (Max shell)

▶ Available online at michebag.ca

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AVEDA

HOMES IN STYLE

Make wood an essential part of your decor

JENNIFER BILL
HOME@METRONEWS.CA

From floors to furniture, to ordinary and exotic, wood adds a warm, natural elegance to a room and an organic pattern that goes with virtually anything.

The more unusual a wood, the grander a statement it makes. Seek out the decadent-sounding cherry, pear, maple or walnut, or the lush rosewood, wenge, ebony or mahogany. No matter your preference, wood should be considered a staple in decor, says Toronto designer Frances Freund, B.I.D.

"Whenever decorating wood should be a part of what you're doing," says Freund, of Frances Freund Interior Design. "Wood is a main player. It belongs in every interior ... Your interior becomes boring if you do the same materials. You need to have a combination of things for the whole room to have integrity."

Look for accessories that might not usually be found in wood, like a vase or bowl, to add an unexpected rich tone to the room.

"I think it enhances the room because wood has an integral beauty within itself. It's not just colour, you want a variety of textures and wood is a play of texture," says Freund. "Some of the woods are so beautiful, they're exotic, they have the most wonderful grains in them."

Freund says a surge in popularity for wood and reclaimed finishings has been fuelled by the green movement. She is seeing wood floors over carpet, dark wood over light, and antique pieces showing an eclectic style — a mix of modern and antique in a pared-down traditional look.

"Wood's making a big comeback," she says. "Wood has a lasting quality wood that has been used throughout history."

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1 WEST ELM $9-24
Check out these artful pieces for entertaining and everyday dining. These bowls are richly grained acacia wood with a bleached finish. westelm.com.

2 URBAN BARN $449
The Kolbo Living Room Collection offers oak veneer, smooth espresso finish and smoked glass accents to provide a clean look. urbanbarn.ca

3 URBAN BARN $169
Feel right at home in your kitchen with the comfortable Cantina Counter Chair, made from exotic Malaysian rubber wood and finished with a chestnut stain. urbanbarn.ca.

4 ETSY $650
The artful Inlaid Mahogany Table by Xenasdad is made by altering old printers' type drawers with the shells set in. etsy.com/shop/xenasdad.

5 WEST ELM $19-29
These Log Vases are natural beauties, in organic formations carved from richly grained mango wood. westelm.com.

6 WEST ELM $119
Save space in style with the modern, versatile Stackable Chairs in walnut wood composition, which can be stored away when not in use. westelm.com.

7 URBAN BARN $329
Hard and solid, the Maurya Bench, made of exotic mango wood, provides excellent sturdiness and support for stylish extra seating. urbanbarn.ca.

8 CANADIAN TIRE $19
The Debbie Travis Retro Wood Clock has aluminum hands and metallic-effect time markers are silk-screened directly onto the glass. canadiantire.ca.

9 CANADIAN TIRE $29
Adorn your walls in a contemporary design with the Debbie Travis Shelf, Ledge Dark, a set of three reversible shelves in a black finish. canadiantire.ca.

10 CANADIAN TIRE $29
Admire the beauty of wood — and yours while you are at it — with the Walnut Pub Mirror. Five brass hooks add some convenience. canadiantire.ca.

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#4

TOP 5 PLUMBERS
RECOMMENDED BY METRO READERS

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"Their expert service allowed me to return to my normal life quickly. I'll definitely call them again."

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"John is the exception to the rule and is the only plumber that I both use and recommend to others."

OTTAWA CAPITAL DRAIN
"Great guy. Really reliable. Will give a discount if you pay cash."

LYNWOOD PLUMBING SERVICES
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FRANCIS PLUMBING & HEATING
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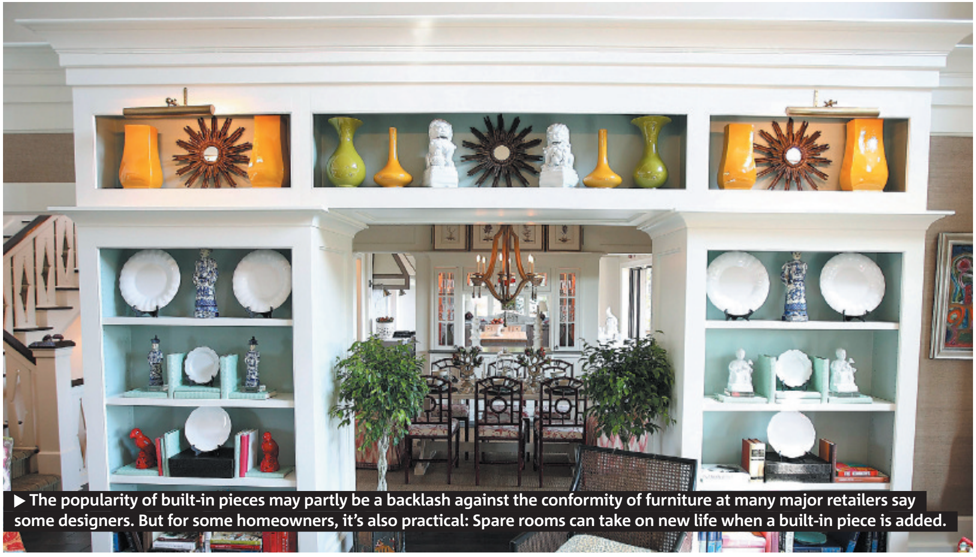

▶ The popularity of built-in pieces may partly be a backlash against the conformity of furniture at many major retailers say some designers. But for some homeowners, it's also practical: Spare rooms can take on new life when a built-in piece is added.

Built-ins are big on character

▶ Interior designer Betsy Burnham doesn't buy many bookcases these days ▶ She's more likely to create built-in bookshelves

Ditto for custom-made desks, built-in beds, window seats and more.

"I find so many of my clients are really interested in built-ins," says Burnham. "Anywhere there is a niche, we're considering the space as a place to build in."

The popularity of custom, built-in pieces may be partly a backlash against the cookie-cutter conformity of furniture at many major retailers. But for some homeowners, choosing a built-in piece is just practical: Small spare rooms or awkward spaces can take on new life when a built-in is added.

Custom-designed items may seem too costly to be practical. But if you make the right choices, says designer Brian Flynn, "built-ins don't have to be expensive. Everybody hears 'custom' and they freak out," Flynn says, but it's possible to create something beautiful using lower-priced materials.

Small area, big impact

"Built-ins are great for opening up possibilities in small spaces," says interior designer Mallory Mathison. Depending on your interests a small corner can become anything from a wine closet to a children's "art closet."

How to save

"If people want to go the extra mile and go with walnut or high-end exotic wood, you can," Flynn says. But a custom interior for a walk-in closet can be done beautifully and affordably with stain-grade plywood trimmed with MDF (medium-density fibreboard).

Any style

Built-in cabinetry doesn't have to be stately and made of richly stained wood, Mathison says. A huge range of colours and styles, from ornate to sleek and simple, can work well.

Open and closed

Built-ins can show off precious items, but they're often prized for hiding clutter. Custom shelves flanking a fireplace offer prime space for displaying treasures, and toys or craft projects.

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Shaan serves up a kiss of India with its curry

SHARI GOODMAN/FOR METRO OTTAWA

▶ Chicken Curry Meal ($10.50).

▶ Spicy, hearty fare in the middle of Ottawa ▶ Don't forget the naan

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

I love curry, and Shaan Curry House is a little-known restaurant hiding in a strip mall on Merivale. Although you can dine in at one of the few tables, if it's warm outside, you can take your lunch to go and walk around the block to a little park behind a church.

Every day this restaurant offers a different special of the day, and the Chicken Curry Meal ($10.50) was the special on the day I was there and even included a can of pop. The generously portioned curry was faintly spicy with chunks of dark chicken hidden in the thick sauce. Every bite of curry was cradled in a spoon of perfectly cooked jasmine-scented Basmati rice.

The salad was drenched in a slightly, strong house dressing but a torn piece of warm naan and the hot sun felt like a kiss of India in the middle of Ottawa.

▶ **Shaan Curry House**
1489 Merivale Rd.
(613) 228-9759
Rating: 4 / 5
Price range: $
Social lunch: Yes
Quick solo lunch: Yes
Time in: 12:20 p.m.
Time out: 12:45 p.m.
Low $: Vegetarian Papdi Chaat ($7.53)
High $: Big Meal Lamb & Chicken ($11.99)
shaancurryhouse.com

Garlic-Balsamic Chicken Kebabs

▶ Garlic-Balsamic Chicken Kebabs.

Yields 4
Start to finish
120 min.
Active:
20 min.

Ingredients :

- 1/4 cup olive oil
- 1/4 cup white balsamic vinegar
- 1/4 cup dry white wine
- 1/2 tsp hot sauce
- 2 tbsp hoisin sauce
- 4 cloves garlic
- 1/2 tsp salt
- 1/2 tsp whole black peppercorns
- 1 tbsp grated fresh ginger
- 625 g (1 1/4 lb) boneless, skinless chicken breasts
- 1 large red onion

Preparation:

1 In a blender, combine olive oil, vinegar, wine, hot sauce, hoisin, garlic, salt, peppercorns and ginger. Puree until smooth. Reserve half of the marinade.

2 Into a large bowl, pour remaining marinade. Add chicken and onion, then stir gently to coat. Cover and refrigerate for about 1 1/2 hours.

3 When chicken is ready, heat grill to high. Oil grates or coat them with cooking spray.

4 Divide meat and onion chunks among 4 skewers. Reduce heat on one side of the grill to low. Arrange skewers on the cooler side of the grill, then cover and cook for 6 minutes, turning frequently. Serve skewers with the reserved marinade for dipping.

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4 sports

Quoted

“It’s just another one on my stats. It’s important to him.”

SHAUN MARCUM, ON GIVING UP ALEX RODRIGUEZ’S 600TH HOME RUN. MARCUM SAID THE HOMER CAME ON A CUT FASTBALL.

“A lot of good things for him to come. He’s got another 15 years. You never know how many he’s going to hit”

DEREK JETER, SUGGESTING TEAMMATE RODRIGUEZ COULD PLAY UNTIL HE’S 50.

JIM MCISAAC/GETTY IMAGES

▶ Alex Rodriguez connects on his 600th career home run yesterday.

A-Rod reaches 600 with style

▶ Jay’s Marcum gives up historic home run in first inning of loss to Yankees ▶ Rodriguez becomes youngest to reach milestone ▶ Slugger had gone hitless in previous 17 at-bats

1	5
BLUE JAYS	YANKEES

Alex Rodriguez added his own memento to Monument Park, even though retirement remains years off.

After struggling to hit his 600th home run, A-Rod reached the milestone with his usual dramatic flair. He became the youngest player to attain the mighty mark and did it by driving a pitch over Yankee Stadium’s centrefield fence and into the area where the pinstriped greats are remembered. And, remarkably, he did it exactly three years to the day after his 500th homer.

“That’s amazing,” Rodriguez said. “To the day.”

His two-run, first-inning drive off Toronto’s Shaun Marcum put New York ahead, and the Yankees coasted to a 5-1 victory over the Blue Jays on a sweltering afternoon. The win ended the Yankees’ three-game losing streak.

Rodriguez went 9-for-46 after homering July 22, the longest stretch between Nos. 599 and 600 for any of the seven to reach the mark. He was hitless in his last 17 at-bats.

“It was a relief just to put it past me,” he said. “There’s no question I was pressing ’cause I wanted to get it out of the way.”

A-Rod reached the milestone after a 12-game drought, connecting with a 2-0 pitch over the middle of the plate for his 17th home run of the season.

Frankie Babilonia, a 23-year-old in his second-year as a Yankee Stadium security guard, retrieved the ball and gave it to his supervisor, who had it passed on to Rodriguez. Babilonia got to the ball because another security guard in the area was on break, and he was rewarded with an autographed A-Rod bat.

Babilonia said it was his job to turn in the ball, and he never thought about trying to keep it. In January, the ball a fan caught for A-Rod’s 500th homer was auctioned for $103,579.

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LANCE MURPHEY/THE ASSOCIATED PRESS

▶ Sherra Wright, ex-wife of slain NBA basketball player Lorenzen Wright, grieves at yesterday's memorial service.

Hundreds pay respects to 'Ren' Wright

The procession moved slowly and solemnly yesterday, a long line of black-and-white-clad mourners pausing in front of the silver casket of their slain native son Lorenzen Wright.

Hundreds of fans, friends and family members of the former NBA player filed into the FedEx Forum in Memphis for Wright's memorial service and funeral, remembering the man many called "Ren" as a loving, gentle, charitable family man.

Wright's body was found July 28 in woods outside Memphis after he had been missing for 10 days. The 34-year-old was shot to death in what police are calling a homicide. No arrests have been made and Memphis police will not discuss whether they have a motive or suspects.

Relatives and friends fought off tears as they addressed the crowd, still in disbelief at the way he died.

Jeffrey L. Archie told the audience that he may never understand why someone would kill his brother.

"To me he was invincible," Archie said. "There's no reason for anybody to take him like this."

Wright's six children and ex-wife were in the procession, trailed by his father, Herb Wright, who uses a wheelchair. Dozens of friends and family followed, stopping before a photo of Wright and then before the casket. His mother, Deborah Wright, also attended.

A litany of former NBA brethren paid their respects, including Memphis hero Penny Hardaway, Elliot Perry, Bonzi Wells, and former Atlanta Hawks coach Mike Woodson. Current Grizzlies forward Zach Randolph and former NBA player Damon Stoudemire also were there.

Lorenzen Vern-Gagne Wright Sr. was born in Memphis but lived as a youth Oxford, Miss. His mother and siblings moved to Memphis for his senior year in high school, and he became a star at Booker T. Washington High School. While growing up, Wright's father, who was paralyzed after being shot in the spine, coached him on the basketball court and taught him to be a family man off the court.

He then went to the University of Memphis, where he played two seasons and was an All-America selection after his sophomore year.

The six-foot-11 forward-centre was drafted No. 7 in 1996 by the Los Angeles Clippers where he spent three seasons before moving onto the Atlanta Hawks, for two separate stints, the Grizzlies, the Sacramento Kings and most recently the Cleveland Cavaliers in 2008-09.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
TAMPA BAY	67	39	.632	-
NEW YORK	66	40	.623	1
BOSTON	61	46	.570	6.5
TORONTO	56	51	.523	11.5
BALTIMORE	33	73	.311	34

AL CENTRAL

	W	L	Pct	GB
CHICAGO	60	46	.566	-
MINNESOTA	59	48	.551	1.5
DETROIT	53	53	.500	7
KANSAS CITY	46	61	.430	14.5
CLEVELAND	45	62	.421	15.5

AL WEST

	W	L	Pct	GB
TEXAS	61	45	.575	-
LOS ANGELES	54	54	.500	8
OAKLAND	53	53	.500	8
SEATTLE	40	67	.374	21.5

NL EAST

	W	L	Pct	GB
ATLANTA	60	46	.566	
PHILADELPHIA	58	48	.547	2
NEW YORK	54	53	.505	6.5
FLORIDA	53	53	.500	7
WASHINGTON	47	60	.439	13.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	60	48	.556	-
ST. LOUIS	59	48	.551	.5
MILWAUKEE	50	58	.463	10
HOUSTON	47	59	.443	12
CHICAGO	46	61	.430	13.5
PITTSBURGH	37	69	.349	22

NL WEST

	W	L	Pct	GB
SAN DIEGO	62	43	.590	-
SAN FRANCISCO	62	45	.579	1
COLORADO	55	51	.519	7.5
LOS ANGELES	55	52	.514	8
ARIZONA	40	67	.374	23

JAYS WEDNESDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
SNIDER LF	5	0	0	0	0	1	.246
A.HILL 2B	4	0	0	0	0	0	.211
J.BAUTISTA RF	3	1	2	0	1	0	.263
V.WELLS CF	4	0	0	0	0	1	.275
LIND DH	2	0	0	0	1	2	.218
J.BUCK C	2	0	0	0	0	1	.277
J.MOLINA C	2	0	0	0	0	2	.283
OVERBAY 1B	3	0	1	1	1	0	.249
ENCARNACION 3B	3	0	1	0	0	1	.243
JO.MCDONALD SS	4	0	1	0	0	0	.220
TOTALS	32	1	5	1	3	8	
NEW YORK	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**AVG.**
JETER SS	4	3	4	0	0	0	.280
SWISHER RF	3	0	0	0	1	1	.296
TEIXEIRA 1B	3	0	2	3	1	0	.258
A.RODRIGUEZ 3B	4	1	1	2	0	0	.264
CANO 2B	4	0	1	0	0	0	.325
POSADA C	4	0	0	0	0	0	.262
BERKMAN DH	4	0	0	0	0	1	.133
GRANDERSON CF	3	0	1	0	0	2	.246
GARDNER LF	3	1	1	0	0	1	.290
TOTALS	32	5	10	5	2	5	

TORONTO	IP	H	R	ER	BB	SO
MARCUM L,10-5	6	8	5	5	1	5
CAMP	1	1	0	0	1	0
JANSSEN	1	1	0	0	0	0
NEW YORK	**IP**	**H**	**R**	**ER**	**BB**	**SO**
P.HUGHES W,13-4	5⅓	4	1	1	2	5
LOGAN	⅔	0	0	0	0	1
CHAMBERLAIN	1	1	0	0	0	0
D.ROBERTSON	1	0	0	0	1	2
M.RIVERA	1	0	0	0	0	0

Yesterday's AL results

N.Y. Yankees 5 Toronto 1
Oakland 4 Kansas City 3
Chicago White Sox at Detroit
L.A. Angels at Baltimore
Cleveland at Boston
Minnesota at Tampa Bay
Texas at Seattle

Yesterday's NL results

Chicago Cubs 15 Milwaukee 3
Cincinnati 9 Pittsburgh 4
Colorado 6 San Francisco 1
N.Y. Mets at Atlanta
Philadelphia at Florida
Houston at St. Louis
Washington at Arizona
San Diego at L.A. Dodgers

Today's AL games

Minnesota at Tampa Bay, 12:10 p.m.
Chicago White Sox at Detroit, 1:05 p.m.
L.A. Angels at Baltimore, 7:05 p.m.
Cleveland at Boston, 7:10 p.m.
Texas at Seattle, 10:10 p.m.

Today's NL games

Colorado at Pittsburgh, 7:05 p.m.
Philadelphia at Florida, 7:10 p.m.
San Francisco at Atlanta, 7:10 p.m.
Washington at Arizona, 9:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.

TRANSACTIONS

American League

BOSTON RED SOX - Activated OF Jacoby Ellsbury from the 15-day DL. Optioned OF Daniel Nava to Pawtucket (IL).
CHICAGO WHITE SOX - Optioned RHP Carlos Torres to Charlotte (IL). Purchased the contract of LHP Chris Sale from Charlotte (IL).
DETROIT TIGERS - Reinstated 3B Brandon Inge from the 15-day DL. Placed INF Danny Worth on the 15-day DL.
SEATTLE MARINERS - Activated 1B/DH Mike Sweeney from the 15-day DL and traded him to Philadelphia for a player to be named or cash considerations.

NHL

BOSTON BRUINS - Named Doug Jarvis assistant coach.
CHICAGO BLACKHAWKS - Signed F Evan Brophey, F Nathan Davis, F Hugh Jessiman, D Jassen Cullimore and G Hannu Toivonen to one-year contracts.
DETROIT RED WINGS - Re-signed F Darren Helm to a two-year contract.
OTTAWA SENATORS - Signed D David Hale and F Francis Lessard to one-year contracts. Named Rob Murphy professional scout.
SAN JOSE SHARKS - Signed F Jamal Mayers.
ST. LOUIS BLUES - Signed F Dave Scatchard.
VANCOUVER CANUCKS - Re-signed C Mario Bliznak and D Sean Zimmerman.

NBA

BOSTON CELTICS - Signed C Shaquille O'Neal.
CLEVELAND CAVALIERS - Promoted Wes Wilcox to director of pro player personnel and Trent Redden to basketball operationa manager/scout.
DETROIT PISTONS - Re-signed C Ben Wallace to a two-year contract.
PHOENIX SUNS - Signed G Matt Janning to a multiyear contract.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	5	4	1	0	178	113	8
TORONTO	5	3	2	0	113	149	6
WINNIPEG	5	2	3	0	157	137	4
HAMILTON	5	1	4	0	117	153	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	5	4	1	0	172	153	8
CALGARY	5	4	1	0	140	105	8
EDMONTON	5	1	4	0	102	154	2
B.C.	5	1	4	0	100	115	2

Friday's games

Saskatchewan at Montreal, 7 p.m.
Toronto at Edmonton, 10 p.m.

Saturday's games

Winnipeg at Hamilton, 7 p.m.
Calgary at B.C., 10 p.m.

TODAY IN SPORTS HISTORY

August 5

1936 - Jesse Owens wins his third of four gold medals at the Berlin Olympics, winning the 200 metres in an Olympic-record 20.7 seconds.
1999 - Mark McGwire becomes the 16th member of the 500-home run club, hitting Nos. 500 and 501 in the St. Louis Cardinals' loss to San Diego.
2007 - Tom Glavine earns his 300th victory in an 8-3 victory over the Chicago Cubs.

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Opinion

DAN TOTH
CFL EXTRA POINTS

SOCIAL MEDIA HAS CFL IN A TANGLED WEB

The CFL, like most pro sports circuits, is facing a social media dilemma.

While eager to have its players promote the league by posting to outlets such as Twitter, the lack of an online referee to flag violations before players push the send button is posing problems.

Toronto offensive lineman Rob Murphy was recently fined by the Argos and the CFL for his ill-conceived posts. Murphy tweeted about “smelling foreigners” at the train station and riding through “Frenchland,” and was subsequently fined for violating the league’s social media policy. So, while the CFL still encourages players to connect with fans, the league’s journey into the world of social media is hitting a few potholes along the way, proving once again you can’t legislate common sense.

BUONO NEXT?

Now that the death watch has lifted in Edmonton with the firing of GM Danny Maciocia, should we be casting our gaze farther west to Vancouver? In light of the B.C. Lions’ disappointing 1-4 start, tough questions are being asked about GM/head coach Wally Buono’s future. The most successful coach in CFL history certainly has an exquisite resumé, but in pro sports you’re only as good as your last game. Dating back to last season, the Lions are 2-8 in the last 10, including an embarrassing loss last week to the previously winless Eskimos.

THE COMEBACK KID

Calgary receiver Ken-Yon Rambo is making a successful return from a career-threatening knee injury suffered a year ago, no surprise considering his track record. Rambo returned Saturday against Winnipeg and caught six passes for 86 yards and one touchdown in his first game in a year. Rambo escaped death as a teenager in Long Beach, Calif., after being shot by a gang member. The bullet lodged inches from his spine, but not only did Rambo recover, he enjoyed a successful college career, led the CFL in receiving yards in 2008, and now appears on track to return to his sensational form.

PIVOTAL STRETCH FOR TICATS

The Hamilton Tiger-Cats are much better than their 1-4 record suggests, but the next few games could determine whether they will meet expectations and challenge the East Division’s Montreal Alouettes this season. The next four weeks consist of home-and-home duels against the Winnipeg Blue Bombers and the Toronto Argonauts — two teams they will need to dominate to claim a home playoff date in November.

AM GREENWOOD/GETTY IMAGES

▶ Tiger Woods plays a shot during a practice round yesterday.

Woods gets cut short at Firestone

A two-hour window yesterday provided a snapshot of a strange year for Tiger Woods.

The guy famous for sweeping dew off the grass with his crack-of-dawn practice rounds arrived shortly before lunch on the eve of the Bridgestone Invitational to play nine holes at Firestone. That’s not terribly unusual, for Woods knows Firestone as well as any other course, and it’s where he made history last year as the only player to win a PGA Tour event seven times on the same course.

One tee shot into his practice round, the siren sounded because of dangerous weather.

He wound up playing only four holes.

This year has been anything but routine. Woods didn’t start until the Masters while coping with the fallout from his extramarital affairs. He has gone seven tournaments without winning, the longest drought at the start of any season since he turned pro.

And in comments that were veiled yet somewhat revealing, Woods said the distractions he faces in his personal life affect him as much during practice as they do during tournaments.

“I haven’t been able to practise as long as I normally have when I’ve been out here,” Woods said. “People have been wanting more of my time. I’ve had more things going on once I’m at a tournament site than I have in the past, and for different reasons. That’s obviously taken a little bit of a toll on my preparation.

“Things are starting to normalize,” he said. “And that’s been a good sign.”

Who wants more of his time? Woods didn’t elaborate. He has refused to answer questions about his personal life. Notah Begay, one of his best friends, mentioned last month at a press conference that Woods is going through a divorce, which most have suspected.

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Celts sign Shaq

38
Shaquille O’Neal’s age. He joins a group of 30-plus stars in Boston who are all likely headed for the Hall of Fame: Paul Pierce, 32; Kevin Garnett, 34; and Ray Allen, 35.

Shaquille O’Neal has changed The Big Three of the Boston Celtics into a Very Big Four.

The seven-foot-one, 325-pound centre in the twilight of a brilliant career is coming to the Eastern Conference champions, hoping to add to his four NBA titles.

O’Neal signed a two-year contract worth about $3 million US yesterday, a person with knowledge of the negotiations said on condition of anonymity because no details were released.

So this is where Shaq’s colourful career will end after 20 seasons if he completes his contract with the Celtics.

One of the NBA’s most charismatic players will finish with a legendary franchise on the parquet floor beneath 17 championship banners and the retired numbers of Bill Russell, Larry Bird, John Havlicek and other NBA greats.

“If we get to another Game 7 down the line, I’m sure we will be glad we have Shaq on the team,” Celtics co-owner Wyc Grousbeck said.

THE ASSOCIATED PRESS

Put retirement party on hold: Favre may play

MATT BUSH/THE ASSOCIATED PRESS

▶ Brett Favre

Brett Favre’s flip-flopping is at full throttle, the surest sign yet that training camp is under way in Minnesota.

Vikings offensive co-ordinator Darrell Bevell and Favre’s agent, Bus Cook, said yesterday that the veteran quarterback plans to return to the team if he is healthy. The 40-year-old Favre is still rehabbing his surgically repaired left ankle that he injured in the NFC title game loss at New Orleans.

“I know it’s a decision that he wrestles with,” Bevell said after a morning practice as Favre was throwing the ball around with high school students in Mississippi. “He’s a great player. He’s a great competitor. He mulls things over. He’s an emotional guy. So he thinks things through long and hard and takes his time with his decision. So I’m not surprised that things started to come out. We just have to wait and see.”

A day earlier, Favre texted some teammates and Vikings officials to say his ankle was not healing like he had hoped and he planned to retire. Favre denied sending any such messages and there was no explanation for the discrepancy.

Bevell, who became close friends with Favre during three years as his quarterbacks coach in Green Bay, said he has spoken to Favre recently, but not in the last 24 hours. He said it’s been his understanding that if Favre’s ankle heals, he will return to play for the Vikings this season.

“That’s what I’ve been getting all along,” Bevell said.

Cook told The Associated Press that Favre will visit his surgeon, Dr. James Andrews, next week for an evaluation.

“He’s working out really hard and everything seems to indicate that if he is healthy and can contribute and play at the level that he has become accustomed to, he will play,” Cook said.

The two-year, $25-million US contract Favre signed last year calls for him to make $13 million this season. Cook said there have been no negotiations on any adjustments to the deal.

“If they want to reward him, nobody’s going to walk away from that,” Cook said. “But it’s not a factor in his decision.”

Outside Oak Grove High School in Hattiesburg, Miss., Favre told reporters his decision is “not about the money.”

THE ASSOCIATED PRESS

Crossword

1	2	3	■	4	5	6	7	■	8	9	10	11
12			■	13				■	14			
15			16					■	17			
■	■	18			■	19		20				
21	22				23	■	24			■	■	■
25			■	26		27	■	28		29	30	31
32			33	■	34		35	■	36			
37				38	■	39		40	■	41		
■	■	■	42		43	■	44		45			
46	47	48				49	■	50			■	■
51				■	52		53				54	55
56				■	57				■	58		
59				■	60				■	61		

Across

1 Space
4 Enthusiasm
8 "Take — Train"
12 Ms. Thurman
13 Approximately
14 Sauce thickener
15 Element in laughing gas
17 Storybook villain
18 Run smoothly
19 Spray can
21 Investigated
24 Tear
25 Trail the pack
26 Accomplished
28 Transfer
32 Finished
34 Conger, e.g.
36 Portrayal
37 Doctrine
39 "Humbug!"
41 Depressed
42 Existed
44 Put on ice, maybe
46 Moods
50 Lingerie item
51 Singer Amos
52 X-ray discoverer
56 Settled down
57 Shakespearean baddie
58 Before
59 Got up
60 "No —" ("OK")
61 Arrest

Down

1 Pistol
2 Parisian pal
3 Disease cause
4 Raced
5 Work unit
6 Away from port
7 Unsocial type
8 State cop
9 Swine
10 Continental coin
11 Ice skater's leap
16 Abrade
20 Disencumber
21 Scenario
22 Carry on
23 Conk out
27 Society newbie
29 Cause of a fat lip?
30 Lotion additive
31 Lascivious
33 Edit in the extreme
35 Fond du —, WI
38 — chi
40 Mingle
43 Disrobe
45 Leftover scrap
46 Luminary
47 Game played on horses
48 Eye part
49 Take to the skies
53 Id counterpart
54 Historic period
55 Kan. neighbour

▶ Yesterday's answer

B	E	G	■	O	P	A	L	■	E	C	H	O
E	A	U	■	D	A	L	E	■	T	O	A	D
E	R	R	■	D	R	I	V	E	H	O	M	E
P	L	U	M	B	■	■	Y	O	N	■	■	■
■	■	■	M	A	G	I	■	N	I	T	E	R
H	O	M	E	L	A	N	D	■	C	O	L	A
A	B	A	■	L	U	C	I	A	■	R	A	T
P	E	R	U	■	L	A	N	D	L	I	N	E
S	Y	L	P	H	■	S	A	D	E	■	■	■
■	■	■	B	O	A	■	■	R	A	J	A	H
L	I	N	E	D	R	I	V	E	■	O	W	E
I	D	E	A	■	T	O	E	S	■	W	A	R
P	O	E	T	■	S	U	E	S	■	L	Y	E

Sudoku

6		9			7		8	
				4	2			3
5				1		2		
		8					9	
		2	8		1	3		
	3					5		
		5		7				6
7			2	5				
	9		4			7		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	7	4	3	8	5	1
5	3	8	1	6	2	4	7	9
1	4	7	5	9	8	2	6	3
3	2	5	4	8	1	6	9	7
8	1	9	6	7	5	3	2	4
7	6	4	2	3	9	1	8	5
2	8	1	3	5	7	9	4	6
9	5	6	8	1	4	7	3	2
4	7	3	9	2	6	5	1	8

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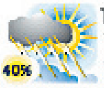
Matthew D, I love being your Geek! Marry Me **CRYSTAL DUBOIS**

My one & only Atuts to the B, Just want you to know how much I love you and how much you mean to me. Marrying you is the best thing that ever happened to me. My Darling with a capital D, hen I count my blessings, I count you twice. Love you loads, **NIPS**

Dear Nader, I am so happy to have you in my life. You are an awesome husband! Happy Birthday to you, and I wish you all the best! Love you! **NOUSHIN**

To the most important people in my life right now, my boys, Javon & Nakaii Danvers, you're the reason I breathe, my motivation to wake up every morning and face the world. I love you more than life itself. **LOVE MOM**



Today
Thundershowers
28° / 16°

Friday
Showers
21° / 13°

Saturday
Sunny
23° / 15°

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 19** The planets are generally in your favour at the moment but you must not take too much for granted. Today's omens warn you could be in serious trouble if you gamble unwisely.

♉ **Taurus** **April 20-May 21** Both at home and at work you would be wise to play safe today, even in situations where you feel you are in control.

♊ **Gemini** **May 22-June 21** There are days when it seems as if the whole world is against you but deep down you know it isn't true. One particular person may be giving you a hard time.

♋ **Cancer** **June 22-July 22** Good news on the money front will lift your spirits and give you an excuse to go out and celebrate. But don't celebrate so much that you find yourself in debt again.

♌ **Leo** **July 23-Aug.23** The more others say you are doing something wrong the more convinced you will be that you are doing it right. Only you know what your long-term aim is, so only you can decide on the best way to reach it.

♍ **Virgo** **Aug. 24- Sept. 22** Because the Sun is transiting the most sensitive area of your chart at the moment you seem to be spending a lot of time looking back. That's okay — the more you look back now the quicker you will move forwards later.

♎ **Libra** **Sept. 23-Oct. 23** You'll get the red carpet treatment today and you thoroughly deserve it. But don't play the big star in front of people who resent your popularity.

♏ **Scorpio** **Oct. 24-Nov. 22** It's good to believe that your future is bright but take care that your optimism does not get the better of you today.

♐ **Sagittarius** **Nov. 23-Dec. 21** You are strongly advised to think before you act today. This may be one of the best times of the year for you but that does not mean you can abandon common sense — or common decency.

♑ **Capricorn** **Dec. 22-Jan. 20** By all means compromise today but don't give in too easily and give others the impression that you can be manipulated. Negotiations will go better if you make the effort to bargain a bit. It's expected of you.

♒ **Aquarius** **Jan. 21-Feb. 18** The effects of the past two days' worth of challenging aspects are still being felt, so you are advised to take it easy today. Everything is going according to plan – you really don't have to rush things.

♓ **Pisces** **Feb. 19-March 20** If you want to break free of certain habits now is a good time to try. You may or may not succeed but you will gain valuable insights into what makes you tick. **SALLY BROMPTON**

Caption contest

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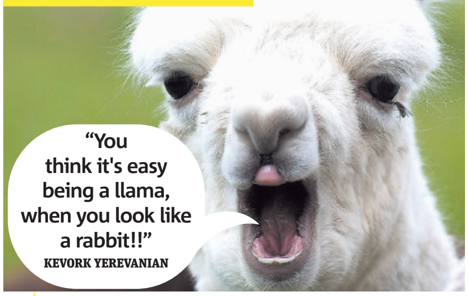
"You think it's easy being a llama, when you look like a rabbit!!"
KEVORK YEREVANIAN

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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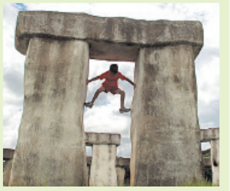

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